Ancient Recipes

Thomas Vose, 2022

Drink like the Ancients

Wassail

(England, 17th century)

Core 6 small apples, fill hollows with brown sugar, pour 1 cup water into baking dish, bake 1 hour.

Pour 4 bottles hard cider, 2 bottles ale and 2 cups sherry into a slow cooker. In a cheesecloth bag, put 12 whole cloves, 12 whole allspice berries, 2 cinnamon sticks and 2 strips of orange peel. Add bag to slow cooker, add 1 tsp. nutmeg and 1 tsp. ginger, simmer on medium hour. When apples are done, add them and liquid from pan to slow cooker and reduce heat.

(England, 17th century)

Wassail bowl

Xocoatl

(Aztec, 15th century)

Slice serrano pepper, add it (and seeds) to 1½ cups boiling water, let boil 5-10 minutes (make sure it's well-ventilated...)

Strain out pepper and seeds, return water to pot. Add 4 cups more water to chili-water, reduce heat to medium-low, stir in 1/4 cup unsweetened cocoa powder and 2 tsp. vanilla, and boil until dissolved.

The drink of the gods needs a fancy cup. →

And serve in this, if you can! →

Grog

(17th century, England)

"One of sour" (1 pt. lemon or lime juice)

"Two of sweet" (2 parts brown sugar)

"Three of strong" (3 parts dark rum)

"Four of weak" (4 parts water)

Sazerac

(19th century, New Orleans)

Chill a glass, rinse it with absinthe. Pour out excess, fill with ice, set aside.

Mix two oz. of cognac, ½ oz. simple syrup, and 3 dashes Peychaud's bitters with ice until well-chilled.

Strain the mixture into the first glass.

Twist a lemon peel over it, and garnish with the peel.

Serve in one of these →

Bombay Punch

(17th century, India)

Mix ½ lb. sugar and ½ pint lime water until dissolved. Blend in 1 quart arrack (or rum) and 1½ quarts water. Sprinkle nutmeg over top, add ice, serve chilled.

Conditum Paradoxum

(5th century, Rome)

Boil 1 cup honey, 5 tbsp pinot grigio and one date in a saucepan until honey dissolves. Simmer, then add 1 tsp. black pepper, 2 bay leaves, 1 pinch saffron and ½ tsp. fennel seeds. Simmer 10 minutes. Strain into a pitcher with a coffee filter. Add the rest of the bottle of wine, stir and chill.

Bonus points for finding one of these to drink it from! →

Hypocras

(15th century, France)

Start with 1 bottle quality red wine. Add ½ cup powdered sugar, 1½ tsp. powdered cinnamon, 1½ tsp. powdered ginger, 1½ tsp. galangal powder, mix and let stand two hours.

Strain through cheesecloth, re-bottle, and chill.

If you have a goblet, now's the time to use it.